

YOUR 5 OR 6 YEAR OLD

POINTS TO REMEMBER

SAFETY

- ♥ **ESTABLISH and ENFORCE** consistent, explicit, and firm rules for safe behavior.
- ♥ **ALWAYS** use a car seat or a secured booster seat, appropriate for your child's age and make sure it is secured properly in the back seat of the car. **CONTINUE** this until the child weighs 60 pounds or his head is higher than the back of the car seat.
- ♥ **ELIMINATE** tobacco smoke in your child's environment (daycare center, the home of your babysitter or relatives, etc). **MAKE** your car and home a no-smoking zone.
- ♥ **ALWAYS SUPERVISE** your child when he/she is around water. **MAKE SURE** the swimming pool in your community or apartment complex has a four-sided fence with a self-closing, self-latching gate. **ALWAYS** make sure your child wears a life vest if he/she is in a boat, swimming or playing in water. Floatation devices or knowing "how to swim" do not make a child safe in water. **NEVER** leave your child alone or trust another young child to supervise him/her around water. **TEACH**, or have someone, to teach your child how to swim. **MAKE SURE** your child knows safety rules around water.
- ♥ **INSTALL** smoke detectors in your home. **CHANGE** the batteries twice a year when the time changes in the spring and fall.
- ♥ **SAFETY PROOF** your home. **LOCK** poisons, matches and electrical tools in a secure place. Keep Syrup of Ipecac and activated charcoal in your home. Do not use until you call the Poison Hotline 1-800-722-5725 for directions. **ALWAYS** make sure guns are locked up in a safe place and that ammunition is stored separately. A trigger lock is an additional important precaution.
- ♥ **TEACH** your child pedestrian and neighborhood safety skills. **TEACH** your child about safety rules when interacting with strangers (answering the telephone or door, never getting into a stranger's car and or going anywhere with a stranger). **MAKE SURE** your child's school educates children on how to deal with strangers.
- ♥ **DISCUSS** playground safety with your child and make sure he/she is supervised before and after school in a safe environment.
- ♥ **TEACH** your child about safety rules for bicycles (teach correct signals for traffic safety, right turn, left turn and stop). **SUPERVISE** your child and **MAKE SURE** he/she always wears a helmet when riding a bicycle.
- ♥ **SUPERVISE** your child's play on playgrounds and make sure playgrounds are safe. Check for safe surfaces under playground equipment and make sure the equipment is not made of pressure treated wood and the equipment is not over 3 feet tall.
- ♥ **CHOOSE** caregivers carefully. **DISCUSS** with them their attitudes and beliefs in relation to discipline. **PROHIBIT** spanking. **NEVER** leave your child with someone you suspect has been drinking or using drugs.
- ♥ If you or your child are experiencing emotional, physical, or sexual abuse, **TELL** your health-care provider or call the **ABUSE HOTLINE 1-800-752-6200** for help. Teach your child the correct terms for body parts, including genitalia. Teach your child that no one should touch these body parts without his/her permission.

NUTRITION

- ♥ **ENSURE** your child eats three regular meals and two nutritious snacks per day. **SERVE** a variety of healthy foods and **MAKE SURE** your child eats a good healthy breakfast at home or school if one is provided. **MAKE SURE** your child gets a nutritious lunch.
- ♥ **EAT** together as a family, encourage conversation, and try to make mealtimes pleasant and companionable.
- ♥ **PROVIDE** nutritious snacks such as yogurt, peanut butter, vegetables, cheese cubes, and/or fruit. **LIMIT** high-fat or low-nutrient snacks, such as candy, chips, or soft drinks. Use the Food Guide Pyramid to help plan meals and snacks.
- ♥ **BE** a model eater for your child and encourage good eating habits.



HEALTHY TEETH

- ♥ CONTINUE TO TEACH AND HELP your child thoroughly brush his/her teeth at least twice daily with a pea-sized amount of fluoridated toothpaste.
- ♥ LEARN how to prevent dental injuries and handle dental emergencies.
- ♥ SCHEDULE a dental appointment for your child every six months and as his/her permanent molars erupt, make sure his dentist evaluates him/her for the application of dental sealant.

CARE and INTERACTIONS

- ♥ PRAISE your child for his/her accomplishments and encourage him/her to talk to you about school or friends.
- ♥ ENCOURAGE your child to express his/her feelings and answer questions showing interest in whatever he/she does.
- ♥ ENCOURAGE booksharing, reading and talking about the pictures with the child.
- ♥ SPEND individual time with your child, doing something you both enjoy and enhance your experiences through trips and visits to parks, libraries, and other places of interest.
- ♥ PROVIDE opportunities for your five or six year old to interact with other children and teach your child how to get along with his/her peers.
- ♥ SET limits with reasonable expectations, encourage self-discipline and let your child know the consequences for unacceptable behavior.
- ♥ EXPECT the child to follow family rules, such as those for bedtime, television viewing, and chores. ASSIGN appropriate age chores for your child and teach him/her responsibility.
- ♥ TEACH your child to respect authority and the difference between right and wrong.
- ♥ SHOW RESPECT for your child and SERVE as a positive role model.
- ♥ PARTICIPATE in games and other physical activities with your child.
- ♥ ENCOURAGE the development of good sibling relationships. ACKNOWLEDGE conflicts between siblings. Whenever possible, attempt to resolve conflicts without taking sides. DO NOT ALLOW hitting, biting, or other violent behavior.
- ♥ PREPARE your child for school. Talk about new opportunities, friends, and activities at school.
- ♥ TOUR your child's school with him/her, visit when possible, and volunteer to help with activities when you can.

GROWTH AND DEVELOPMENT

TYPICALLY A 5 YEAR OLD CHILD:

- ♥ DRESSES him/her self.
- ♥ KNOWS his name, address, and telephone number.
- ♥ CAN COUNT on fingers.
- ♥ BALANCES on one foot for 5 seconds.
- ♥ MAY be able to skip.
- ♥ COUNTS on fingers.
- ♥ PLAYS make believe and dress-up.
- ♥ PRINTS some letters and knows most letters.
- ♥ COUNTS on fingers.
- ♥ DRAWS a three-part person.
- ♥ COPIES a square and a triangle.

TYPICALLY A 6 YEAR OLD CHILD:

- ♥ DRAWS a 6-part person.
- ♥ CAN DO heel to toe steps.
- ♥ KNOWS all letters.
- ♥ WRITES letters.
- ♥ COUNTS.
- ♥ UNDERSTANDS right and wrong.

Reference: Maternal and Child Health Bureau, Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents.